

# National Employee Health & Fitness Day

Wednesday, May 21, 2003

11:00 a.m. - 1:00 p.m.

**Gammon Physical Fitness Center**

We invite you to take advantage of the following services on  
Wednesday, 21 May:

## Health/Fitness/Wellness Education

Heart Disease/Cholesterol (Information)

Tobacco Cessation (Information)

Bone Density (Information)

HIV/Aids (Information)

Civilian Employee Fitness Program (Information)

Drug/Alcohol (Info/Display)

Body Fat Screenings & Information

## Fitness & Exercise Clubs

E'Town Swim & Fitness Center (Info/Display)

Curves Fitness Center (Info/Display)

Ladies Workout Express (Info/Display)

Japan Karate-Do (Info/Display)

Merle Norman Day Spa (Info/Display)

## Spiritual Health

MEDDAC Chaplain & Staff (Info/Display)

